



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

July 20, 2026

REGIONAL MEMORANDUM

No. **942** s. 2026

WORKPLACE WELLNESS

To: Schools Division Superintendents
Assistant Schools Division Superintendents
School Heads, Public Elementary Schools
All Others Concerned

1. Attached is a communication from the Civil Service Institute (CSI), of the Civil Service Commission (CSC) dated July 14, 2026, inviting all Schools Division Offices of the webinar entitled "eLearning Work Wellness" on July 01 – September 30, 2026.
2. Should you have any questions and/or concerns, you may contact Ms. Hannah Jastine Embiado, at hjembiado@csc.gov.ph
4. Immediate dissemination of and compliance with this Memorandum are desired.

SALUSTIANO T. JIMENEZ JD, EdD, CESO III
Regional Director

Enclosures: As stated

References: None

To be indicated in the Perpetual Index under the following subjects:

CSC

WELLNESS

WORKPLACE

HRDD-RTV





eLearning Work Wellness Invitation

1 message

Rodolfo G. Ramirez <rgramirez@csc.gov.ph>

Tue, Jul 14, 2026



The **CIVIL SERVICE INSTITUTE** invites
you to a **NEW LEARNING**

Build a healthier
workforce through
Work Wellness!



WORKPLACE WELLNESS

- 📅 01 July - 30 September 2026
- 📍 Self-paced
- 💰 PHP 3,200.00 per participant
- 🎓 16 Hours Training Credits

REGISTER NOW



Facebook: Philippine Civil Service Institute

✉️ csi-clientsupport@depd.gov.ph



REGISTER
HERE!

**The CSC Work
Wellness Program
promotes a
healthier, happier,
and more
productive
workforce by
fostering physical,
mental, and
emotional well-
being in the
workplace**

 **Learn – Gain**
practical
knowledge on
workplace
wellness.

 **Apply –**
Practice healthy
habits in your
daily routine.

 **Engage –**
Promote a culture
of care, respect,
and collaboration.

 Thrive –
Enhance well-
being,
productivity, and
overall
performance.

Training Fee: Php 3,200.00

16

Hours Training Credits

For any concerns or questions, you may email **Ms. Hannah Jastine Emblado**

at hjembiado@csc.gov.ph

[Civil Service Commission](#) | [Civil Service Institute](#)

[IBP Road, Constitution Hills, Quezon City 1126](#)

[8931-4182; 8931-8019 local 301-305](#)

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